

# Squash-Apple Casserole

Rating: ★★ ★

Makes: 6 servings

## Ingredients

**2 1/2 cups** winter squash (such as acorn, butternut or hubbard)

**1 1/2 cups** apples (cooking, such as Macintosh, Granny Smith or Rome)

**1/2 teaspoon** nutmeg

**1 teaspoon** cinnamon

## Directions

1. Wash and prepare squash and apples (for extra fiber, keep peel on apples).
2. Alternate layers of squash and apples in 8x8 inch pan; end with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees for 45-60 minutes, until squash is tender.

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	40	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	11 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	0 mg	0%